

Up Island Council on Aging 508-693-2896

May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:00 Gentle Pilates 11:15 Yoga 	2 8:30 & 9:30 Strength Training 9:30 Discussion 3:00 Dance Free	3 8:15 Balletics 10:00 Rug Hooking 10:30 Yoga 1:00 Mah Jong	4 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Mah Jong 	5 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 1:00-3:00 Bridge Lessons 508-693-2896 2:00-4:00 Chair Massage 508-693-2896	6
7	8 10:00 Gentle Pilates 10:30 Vineyard Isle Parkinsonians Support Group 508-693-2896 11:15 Yoga 2:00 Felix Neck Presents: MV Sea Life	9 8:30 & 9:30 Strength Training 9:30 Discussion BP & Wellness Clinic 11:00-1:00 3:00 Dance Free 	10 8:15 Balletics 10:00 Rug Hooking 10:30 Yoga 1:00 Mah Jong Patti Mello Legal Clinic (508)477-0267	11 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Mah Jong 	12 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 1:00-3:00 Bridge Lessons 508-693-2896 2:00-4:00 Chair Massage 508-693-2896	13
14	15 10:00 Gentle Pilates 11:15 Yoga 1:30 MV Museum Presents: Granary Gallery Pop Up Show	16 8:30 & 9:30 Strength Training 9:30 Discussion 12:00 Lunch & Live Music with Jon Harris! *Sign up required! 3:00 Dance Free	17 8:15 Balletics 10:00 Rug Hooking 10:30 Yoga 1:00 Mah Jong 	18 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Mah Jong	19 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 1:00-3:00 Bridge Lessons 508-693-2896 2:00-4:00 Chair Massage 508-693-2896	20
21	22 10:00 Gentle Pilates 11:15 Yoga Pedi Care Clinic Call for appointment! 	23 8:30 & 9:30 Strength Training 9:30 Discussion 11:00 Writing Group 3:00 Dance Free	24 8:15 Balletics 10:00 Rug Hooking 10:30 Yoga 1:00 Mah Jong Falmouth Shopping Trip with Ellen 508-693-2896	25 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Mah Jong 	26 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 1:00-3:00 Bridge Lessons 508-693-2896 2:00-4:00 Chair Massage 508-693-2896	27
28	29 OFFICE CLOSED 	30 8:30 & 9:30 Strength Training 9:30 Discussion 11:00 Writing Group 3:00 Dance Free	31 8:15 Balletics 10:00 Rug Hooking 10:30 Yoga 1:00 Mah Jong	Notes:		

Ongoing Services:

- Outreach
- Fuel Assistance
- SNAP (formerly known as Food Stamps)
- Government Surplus Food Distribution
- Notary Services
- Lifeline and Be Safer At Home
- Durable Medical Equipment
- Telephone Reassurance Calls
- File of Life
- SHINE (insurance specialist)

Upcoming Events: Call 508-693-2896 for additional information and to sign up for the following events.

MV Museum Presentations are held at the Howes House typically on the 3rd Monday of every month!

Chair Massage has returned! Fridays 2:00-4:00
Call to make your appointment!

Writing Group returns Tuesdays in MAY!

Falmouth Shopping Trips with Ellen!
On Summer Hiatus for June, July & August

SMILES DENTAL CLINIC June 16th 2017
Free dental cleanings available to qualified candidates.
Call for more information and sign up

Annual Howes House Art Show
Friday June 23rd 12:00-4:00
Saturday June 24th 9:00-2:00